

Tuscan Bean Soup

2 pounds dried cannellini or lima beans
1 pound ground beef & 1 pound ground pork (or 2 pounds ground beef)
2 large sweet onions diced
2 tablespoons (=1 coffee measure = 1/8 cup) minced garlic
1 bunch of celery or 2 celery hearts chopped
7-8 carrots peeled and grated
2 quarts or so chicken or beef broth
2 tablespoons (=1 coffee measure = 1/8 cup) Italian seasoning
1 teaspoon Himalayan pink salt
1 tablespoon All Seasons salt
1 teaspoon black pepper
2 cups (or more) freshly grated parmesan or pecorino romano cheese

Rinse the beans with cold water using a fine mesh strainer. Put the beans in a pot and cover with at least 2 inches of water. Let sit for at least 4 hours or overnight.

Drain and rinse the beans again. Put them in a large pot and add broth until the beans are almost covered. Set the pot on a low simmer.

Sauté the onions, garlic, celery, and carrots in a large skillet until they start to soften, about 10-12 minutes. Add the meat to the skillet and brown, breaking the meat into small pieces.

While the meat is browning, add the Italian seasoning, pink salt, All Seasons salt, and pepper. Mix well.

When the meat is browned, add the contents of the skillet to the pot of beans. Mix well. Ensure there is enough broth to almost cover the beans and vegetables. If you want the soup a little less thick, add a bit more broth.

Simmer for at least 2 hours. Slowly fold in the spinach until it wilts. Continue to simmer until time to serve.

When serving the soup, put a generous garnish of cheese on top.

Enjoy!